



FOR IMMEDIATE RELEASE

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Get Active Utah! Fitness Challenge

Utah Summer Games and Check Your Health Issue Fitness Challenge to Utah Residents

Obesity is an epidemic facing millions of Americans and is increasing in drastic numbers each year. The number of Utahns battling obesity doubled from 10 percent in 1989 to over 20 percent in 2003. Heart disease has become the number one killer in Utah and last year taxpayers spent \$167 *per person* in medical costs related to obesity. As a state, we can do better!

That's why the Utah Summer Games and Check Your Health partners (IHC, KUTV2 and Utah Department of Health) have created the Get Active Utah! Fitness Challenge. We know that regular exercise, like walking, cycling or swimming, is proven to help reduce heart disease, increase weight loss, lead to better mental health and ultimately, stronger communities.

The Get Active Utah! fitness challenge encourages Utah residents of all ages and fitness levels to keep track of their physical activity and record those minutes or miles on the utahwalks.org website. Utahwalks.org features a conversion chart where everyone can turn their time spent playing basketball, snowboarding, dancing or other activities into "miles walked." The website will also show you, step-by-step, how to get started, where to find local trails and how to organize fitness events in your community.

The Get Active, Utah! Fitness Challenge begins on January 1, 2005. Together we can Get Active Utah!

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